# Mind Body Medicine

## For Pain

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# What is Mind-Body Medicine?

- Medical discipline based upon the inseparable connection between the mind and the body
- Unmanaged and overwhelming stress can turn into illness and dysfunction and possibly disease
- There are self-care modalities that can increase one’s capacity to manage stress and increase resilience

# Stress Warning Signs

## Physical

Headaches, Back Pain, Tightness in neck or shoulders, Racing Heart, Restlessness, Tired

## Emotional

Crying, Nervous, Anxious, Angry, Lonesome, Boredom, Powerless, Easily upset

## Behavioral

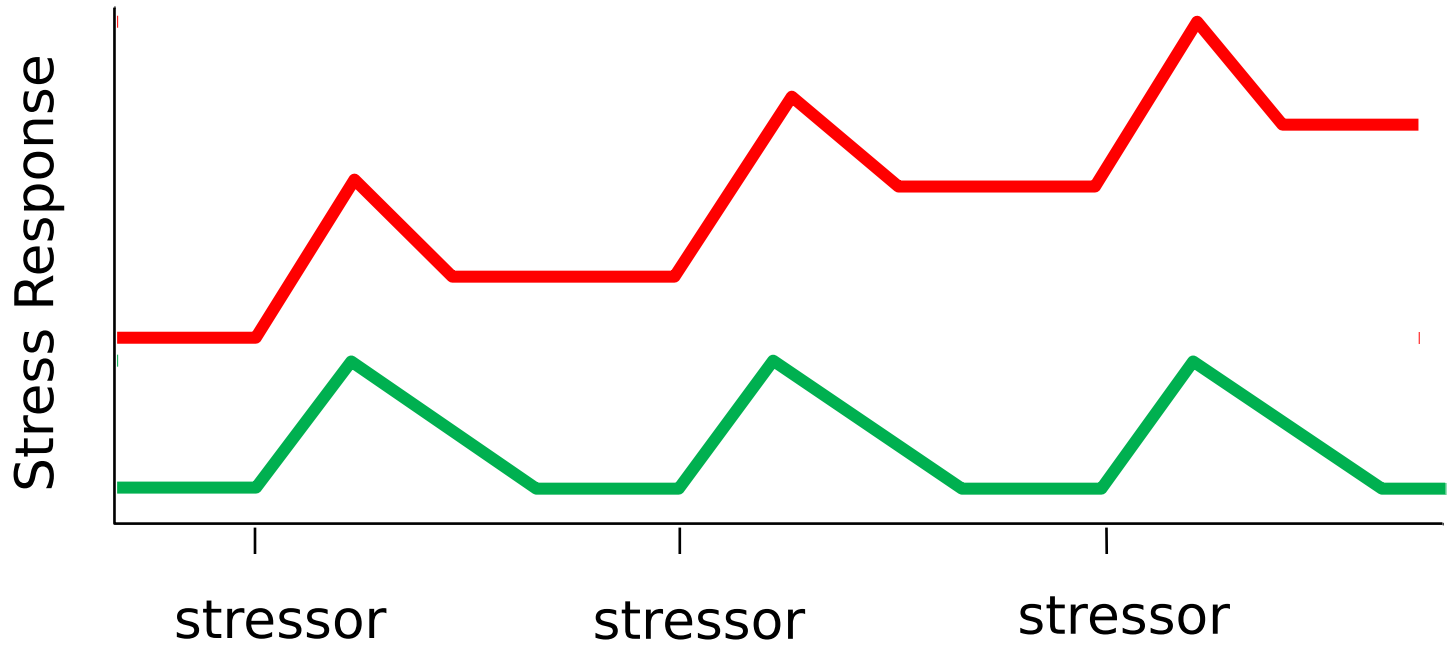
Smoking, Bossiness, Compulsive eating or drinking, Critical of others, night-time grinding of teeth, not getting things done

## Cognitive

Forgetfulness, Lack of creativity, Thoughts running away, Loss of sense of humor, Inability to make

# Comparing Normal and Maladaptive Responses to Stress

In the normal person, arousal reactions return to normal after the stressor is dealt with. In maladaptive responses to stress, the arousal reaction continues even after the stressor has been dealt with. In other words, the set point or baseline of arousal reactions is steadily moved upward.



# What is Mind-Body Medicine?

- Medical discipline based upon the inseparable connection between the mind and the body
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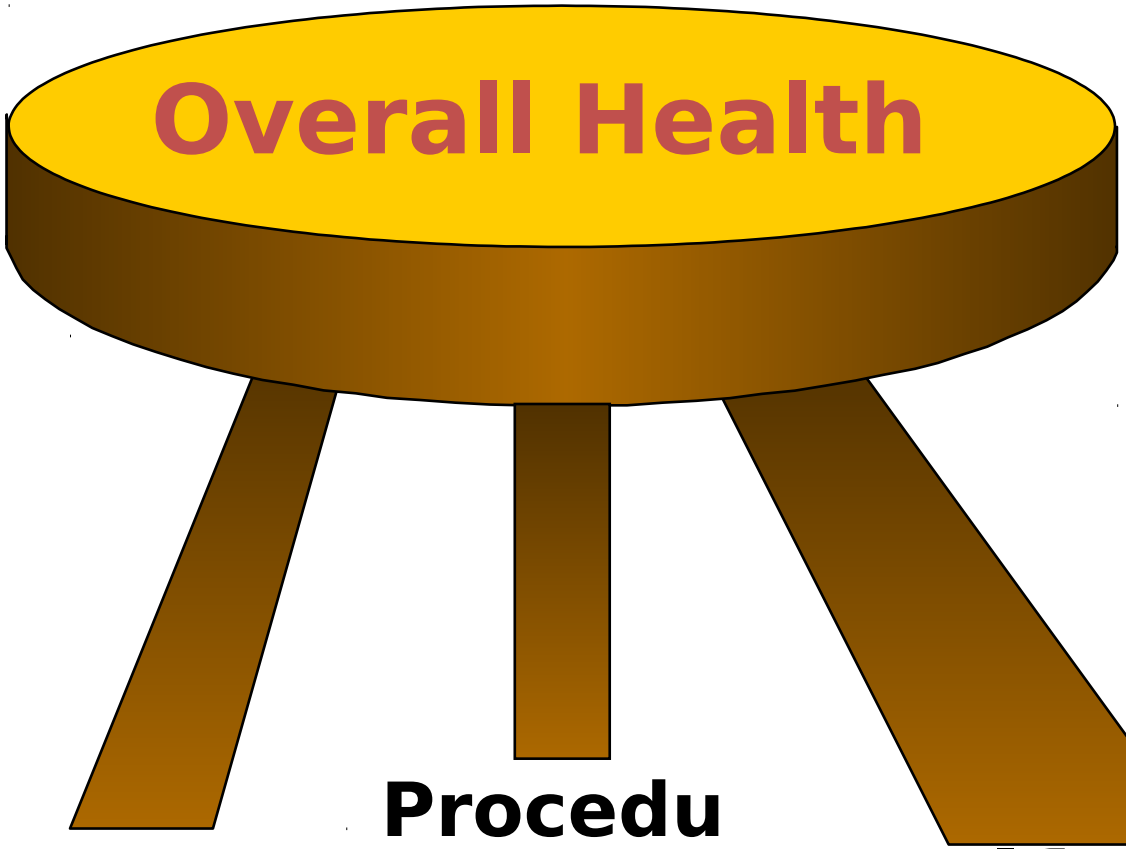
The Three Legged Stool
of
Mind Body Medicine



# Reversing the cycle

**Getting regularly “in the zone”**

- Be able to think clearly
- Nonjudgmental awareness over what is
- Reduced anxiousness
- Reduce excess inflammatory response/improve immune function

# BASIC STEPS TO THE RELAXATION RESPO

1. A mental focusing tool, such as watching your breath, or repeating a word, phrase, prayer or thinking of a soothing image
2. A quiet, aware, ‘nonjudging’ attitude, gently directing your mind back to your point of focus when you notice yourself caught up in other thoughts.

# Allow recuperative sleep

- Sleep hygiene
- Positive sleep thoughts

# With greater mental control from the relaxation response…

- Practice cognitive restructuring
  - Learn to PAUSE, BREATHE, REFLECT and CHOOSE
- Practice positive psychology
  - Find a purpose to focus you during suffering

# Cultivate Social Connection

- Identify and seek out connection
- Be mindful of communication style during stress

MIND BODY MEDICINE
NMCSD

# Mind Body Medicine at NMCSD

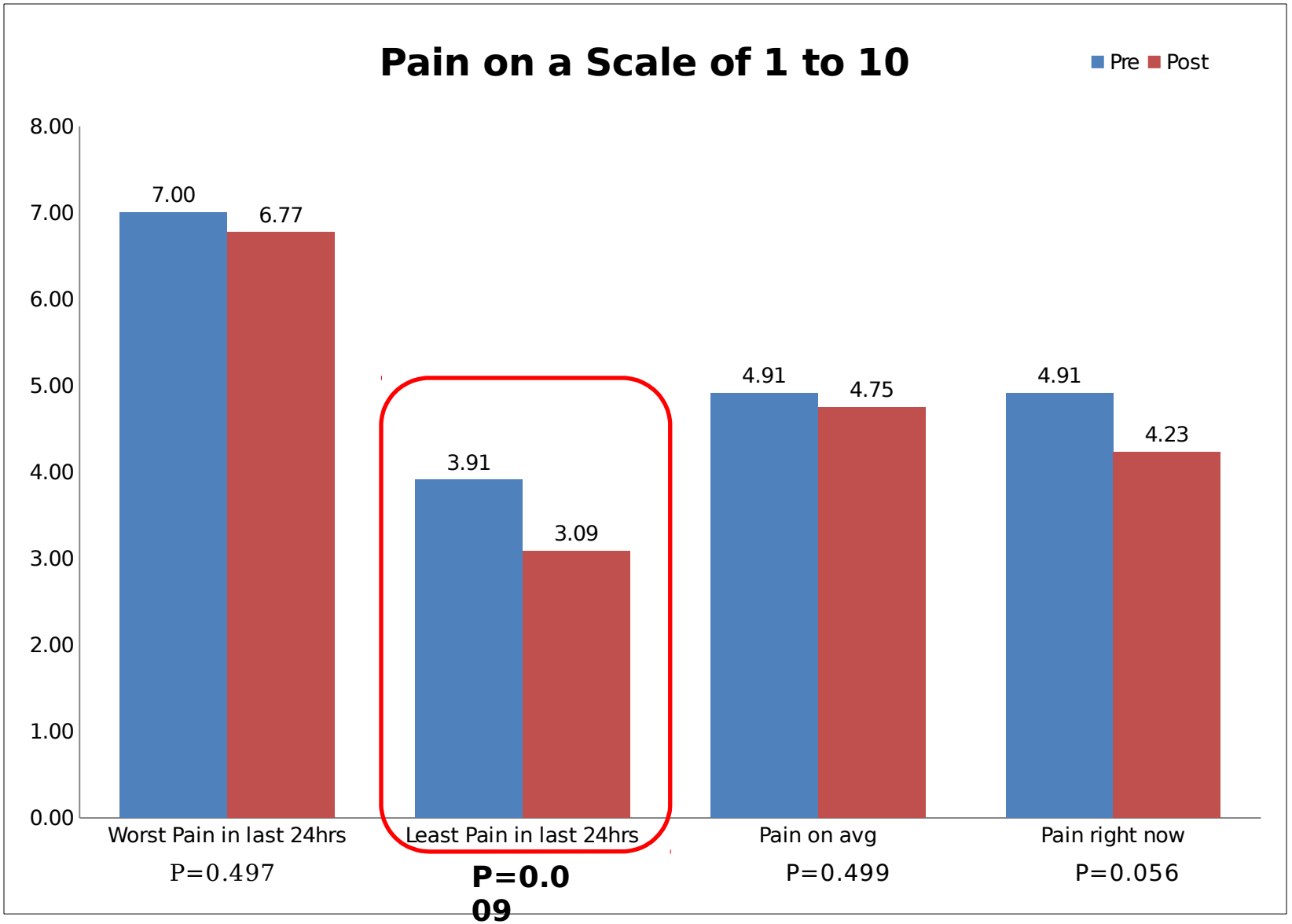
# Mind Body Medicine at NMCSD

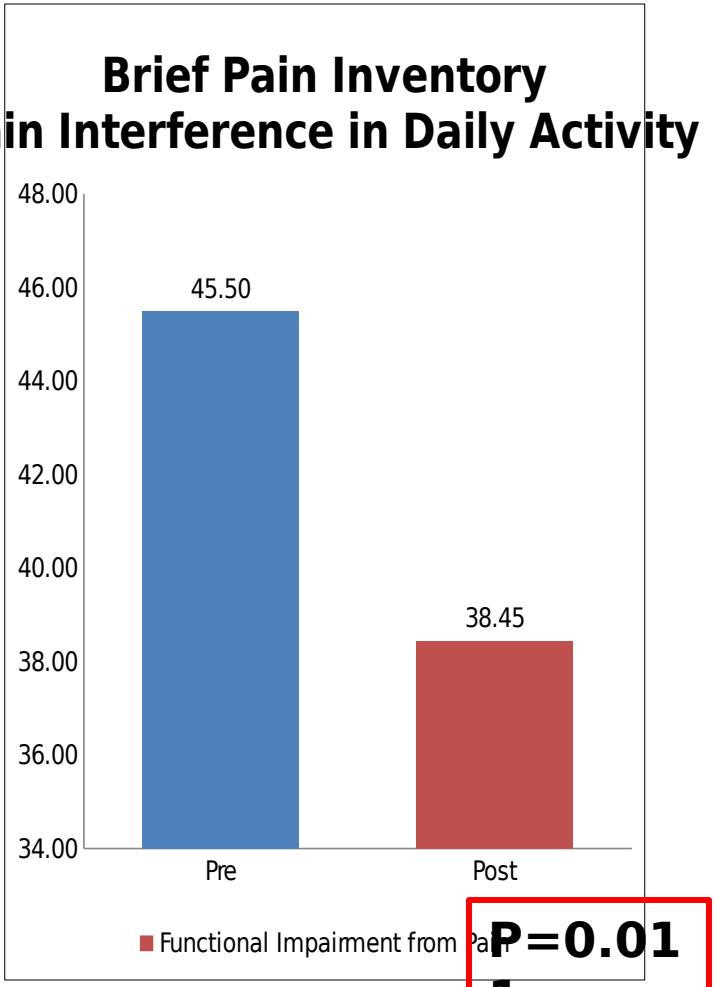
# Goals of the MBM Course

Participants will

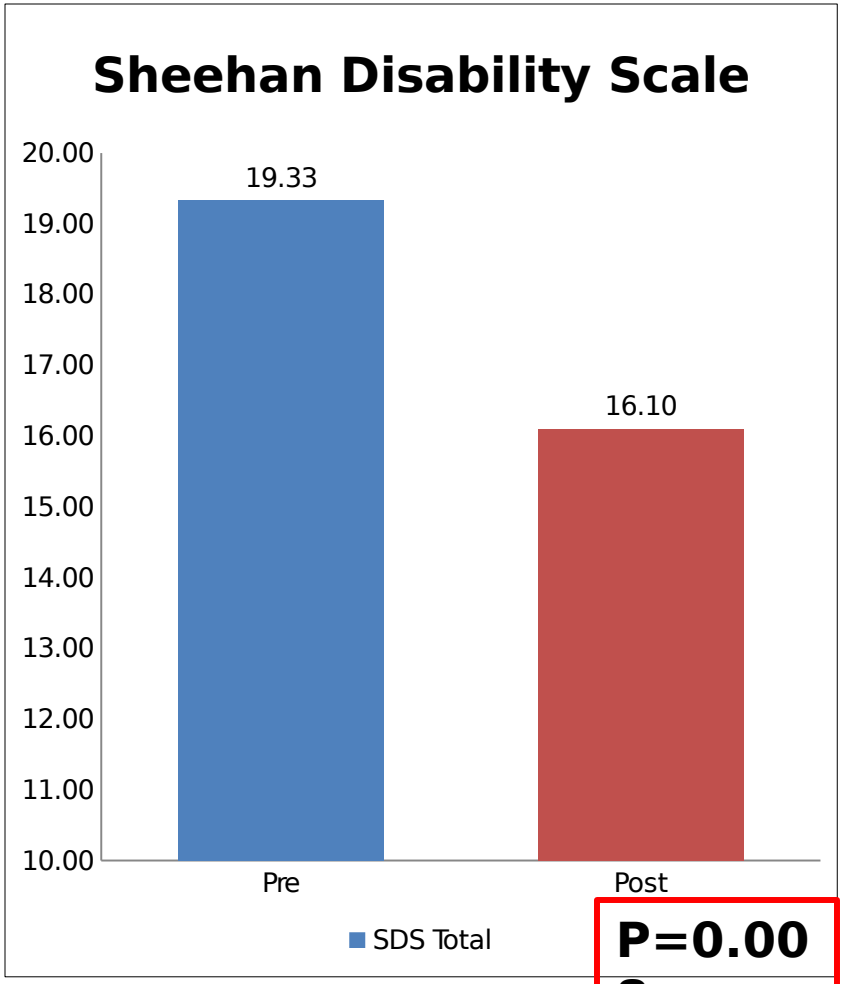
- Understanding that managing stress improves health and functioning
- Feel that they CAN put the skills taught in the course into practice
- ARE putting the skills into practice

| | AVG | RANGE |
|---|---|---|
| **Overall Rating of Program** (1=very poor, 2=poor, 3=fair, 4=good 5=excellent) | **4.53** | 4 – 5 |
| **Refer friend to Program?** (1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree) | **4.68** | 4 – 5 |
| **Comfort with meditation?** (1=very uncomfortable, 2=Uncomfortable, 3=neutral, 4=comfortable, 5=very comfortable) | **3.93** | 3 – 5 |
| **Understanding of meditation techniques?** (0= very poor, 1=poor, 2=fair, 3=good, 4=very good, 5=excellent) | **3.44** | 2 – 5 |
| **Understanding of cognitive restructuring?** (0= very poor, 1=poor, 2=fair, 3=good, 4=very good, 5=excellent) | **3.63** | 3 – 5 |
| **Understanding of sleep hygiene?** (0= very poor, 1=poor, 2=fair, 3=good, 4=very good, 5=excellent) | **3.81** | 2 – 5 |
| **Understand health benefits of social support?** (0= very poor, 1=poor, 2=fair, 3=good, 4=very good, 5=excellent) | **3.88** | 2 – 5 |
| **How often meditating?** (0=never, 1=1-2d/wk, 2=3-4d/wk, 3=5-6 d/wk, 4=7d/wk | **2.5 (4-6 days/** | 1 - 4 |

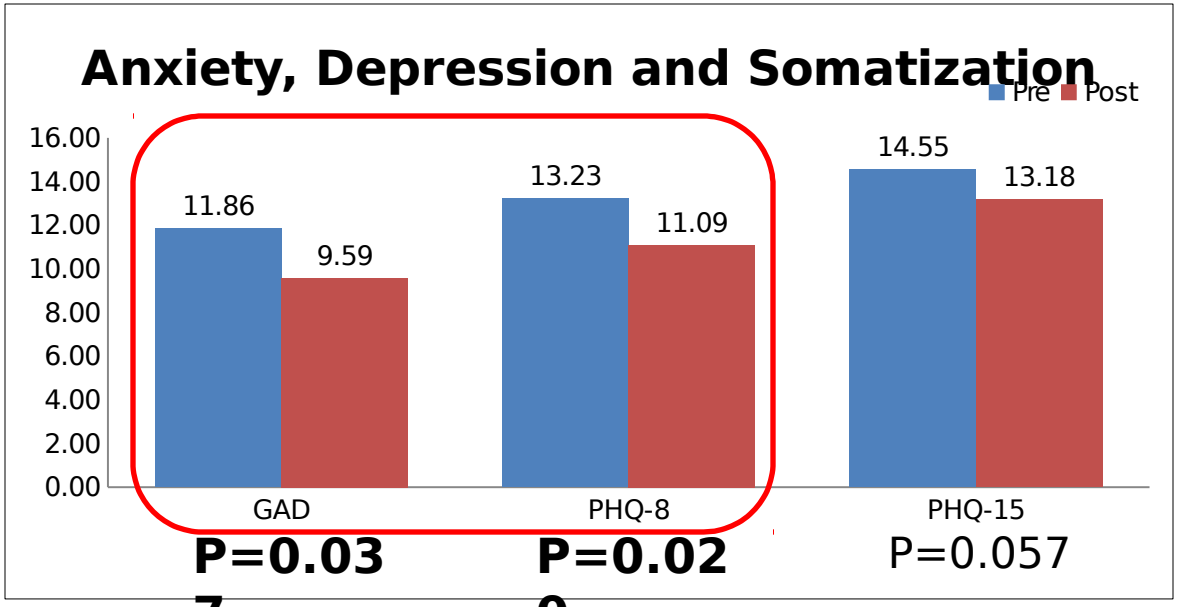

Pain on a Scale of 1 to 10
Pre
Post
8.00
7.00
6.00
5.00
4.00
3.00
2.00
1.00
0.00
7.00
6.77
3.91
3.09
4.91
4.75
4.91
4.23
Worst Pain in last 24hrs
Least Pain in last 24hrs
Pain on avg
Pain right now
P=0.497
P=0.009
P=0.499
P=0.056

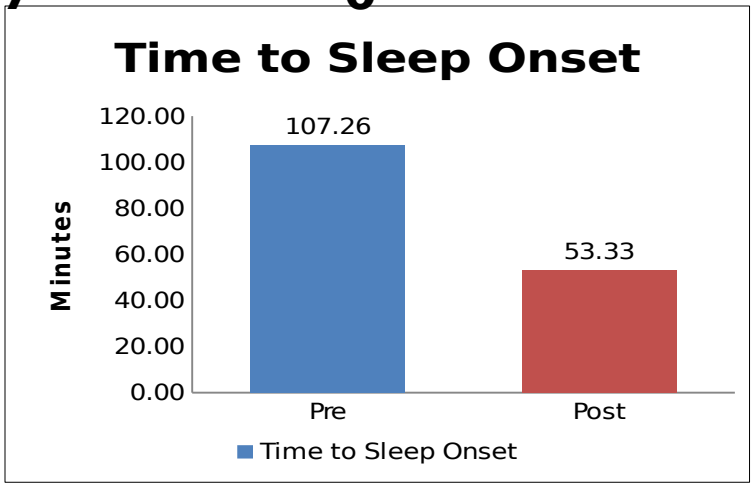

Brief Pain Inventory
Pain Interference in Daily Activity
48.00
46.00
44.00
42.00
40.00
38.00
36.00
34.00
45.50
38.45
Pre
Post
Functional Impairment from Pain

**P=0.011**

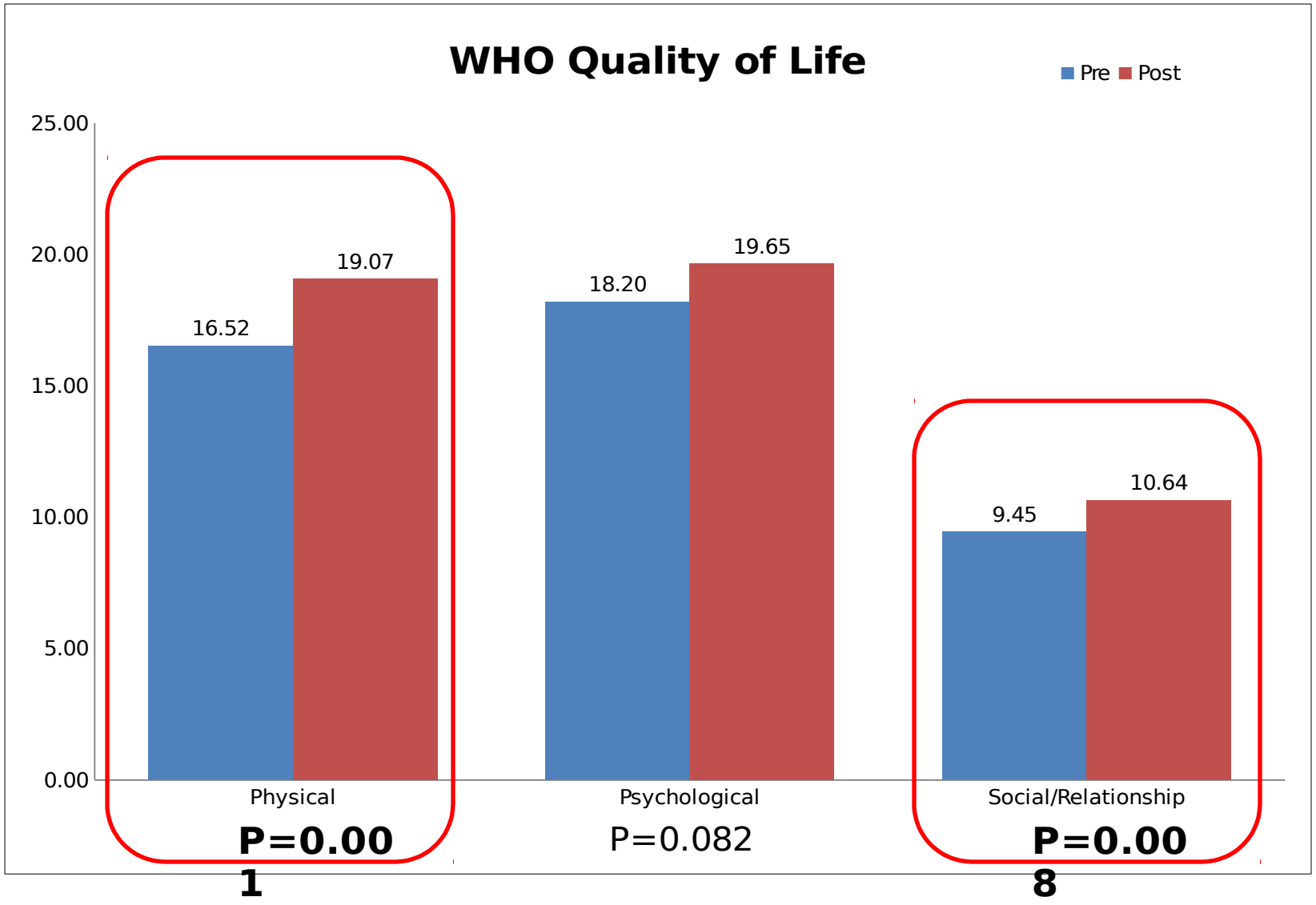

Sheehan Disability Scale
20.00
19.00
18.00
17.00
16.00
15.00
14.00
13.00
12.00
11.00
10.00
19.33
16.10
Pre
Post
SDS Total

**P=0.008**


Anxiety, Depression and Somatization
Pre
Post
16.00
14.00
12.00
10.00
8.00
6.00
4.00
2.00
0.00
11.86
9.59
13.23
11.09
14.55
13.18
GAD
PHQ-8
PHQ-15
P=0.037
P=0.020
P=0.057


Time to Sleep Onset
Minutes
120.00
100.00
80.00
60.00
40.00
20.00
0.00
107.26
53.33
Pre
Post
Time to Sleep Onset

**P=0.00**


WHO Quality of Life
Pre
Post
25.00
20.00
15.00
10.00
5.00
0.00
16.52
19.07
18.20
19.65
9.45
10.64
Physical
Psychological
Social/Relationship
P=0.001
P=0.082
P=0.008

# Mind Body Medicine Course Results
# Overall
# 5/2013 – 4/2014

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|---|---|---|
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| **Refer friend to Program?** (1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree) | **4.74** | 4 – 5 |
| **Plan to continue using cognitive restructuring?** (1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree) | **4.54** | 3 - 5 |
| **Plan to continue meditating?** (1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree) | **4.61** | 3 - 5 |

n=63

# Other MBM Courses

- MBM Prenatal (1 cycles)
  - **Statistically significant** improvement in
    - Depression
    - Physical quality of life

- MBM Stress Resilience (2 cycles)
  - **Statistically significant** improvement in
    - Perceived stress
    - Post-traumatic stress
    - Healthier coping with stress
    - Anxiety
    - Depression
    - Somatization
    - Physical and relationship quality of life

# Summary

- Participants
  - value the program
  - are meditating
- Falling to sleep faster
- Perceived disability decreased
- Anxiety, depression and somatization decreased
- Quality of life increased

# Comments from satisfied customers

- “Just wanted to again say thank you for the opportunity to attend this course.  I feel I gained an extreme amount of knowledge from this that I will be able to help my life style.

- “I will use this information for the rest of my life”

- “Great addition to pain management comprehensive approach.  Love the fact that focus is on using techniques in addition to medication.”

- “This class has helped me better understand and deal with my stress and pain.”